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He's a traitor and proud of it

Edward Snowden, the man behind the NSA data leak, strikes back at his detractors online **PAGE 8**

KAN-YESSS

COLLABS, SOUTH PARK PARODY AND SUPER FAMOUS BABY MAMA: METRO BOWS IN THE PRESENCE OF GREATNESS AS KANYE'S NEW ALBUM DROPS **PAGE 14**



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DRAKE HEADING WEST

Drake greets fans during the 2013 Much Music Video Awards in Toronto on Sunday. The musician has announced an Edmonton concert date for Sept. 30 at Rexall Place, with tickets for the show going on sale this Friday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Two die from injuries after apartment fire

116 St.-102 Ave. 'A highrise fire presents a tremendous challenge,' Fire Chief Ken Block says



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

A young girl and a man in his 40s have died from injuries sustained in a fire Sunday morning at an Edmonton apartment building.

Edmonton Fire Chief Ken Block confirmed the city's first two fire fatalities of 2013 with a "heavy heart" Monday afternoon.

"It's rare for us to lose any life in a fire in Edmonton," he said.

The names, exact ages and relationship of the two vic-

tims, who were in the same suite at the time of the blaze, have not yet been released.

The fire broke out around 11 a.m. on Father's Day in an eighth-floor unit at the Oak Tower apartment complex at 116 Street and 102 Avenue.

Block said when crews arrived, they could see a massive amount of flames pouring through the building's windows.

Firefighters knew there were people trapped inside a suite and used a 110-foot ladder to rescue them.

A total of seven people were injured in the fire — two were treated on scene and five were taken to hospital.

A spokesperson with the company that operates the 77-unit 10-floor complex in Oliver said people in 29 suites have been temporarily dis-

placed due to the blaze.

"Some will be (displaced) longer than others. We've had construction and insurance, and we're having an engineer in today and tomorrow to give us a better idea of how long tenants may be displaced for," said David McIlveen, director of community development at Boardwalk Rental Communities.

As officials continued to investigate Monday, a grief counsellor was sent to Oliver School, which is located across the street from the apartment building.

Principal Tracy Poulin said the school is looking into hosting fire prevention activities for students.

"I know it's in the forefront with the kids and they have questions about fire safety," she said.

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Met with criticism

New Calgary, Edmonton schools 'conditional' on support for charter facilities: Province

Major Alberta school boards are being told new schools announced in much-needed communities last month are "conditional" on them "supporting" and "co-operating" with plans to expand and provide stability for controversial charter schools in the province.

A joint letter dated May 31 from Alberta Education Minister Jeff Johnson and Infrastructure Minister Wayne Drysdale to Calgary Board of Education chair Pat Cochrane, which was made public Monday, states boards will be asked to support the publicly funded charter institutions "whether by means of transfer of school facilities to charter schools, long-term lease, or otherwise."

Edmonton Public Schools confirmed to Metro Monday that it received a similar letter.

The provincial directive is being met with some sharp criticism from opponents of the publicly funded charter buildings, which can pick and choose who's admitted and often have regulations in place — including a cap on the number of students in a class — that may not be found in the public system.

"They are essentially a private school for the middle class," said Rick Sawa, a University of Saskatchewan doctoral graduate who's studied Alberta's charter school setup.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM ANNALISE KLINGBEIL/METRO

Operation Attention. Edmonton troops part of last Afghan mission

As part of the last deployment of Canadian soldiers to Afghanistan, 50 local troops left Monday morning from the Edmonton International Airport.

Troops from CFB Edmonton were scheduled to stop in Winnipeg to pick up more from CFB Shilo before heading to Afghanistan.

Unlike previous missions, this Canadian contingent is headed to Kabul, not Kandahar, as part of Operation

Attention.

Operation Attention is a training mission designed to help Afghan soldiers prepare for the withdrawal of Western troops. Canada has been part of the training mission since 2009. According to a description of the mission the government posted online, the first phase involved helping with recruiting and the military is now focused on training. **METRO**

\$4.4M. New U of A research program to study oilsands

A new oilsands-related research program at the University of Alberta, designed to allow for better decision making about water conservation and greenhouse-gas emissions, got a \$4.4-million start Monday.

Amit Kumar, a professor in the mechanical-engineering department, was also appointed as the Cenovus Energy chair in environmental engineering.

Cenovus is putting up \$3 million for the project, \$925,000 will come from the

National Sciences and Engineering Research Council, and \$500,000 will come from the provincial government.

In a statement, Cenovus president Brian Ferguson said the research holds great potential for his company.

"We expect the work this team is doing will lead to new tools that will help us do an even better job of unlocking the tremendous value of Alberta's oilsands in a responsible and environmentally friendly way," read the statement. **METRO**

Province still not interested in seizing speeders' vehicles

New push. Alberta police chiefs want ability through new law



RYAN
TUMILTY

ryan.tumilty@metronews.ca

Edmonton police Chief Rod Knecht has made another push for a new law to target excessive speeders, but so far the province isn't budging.

Knecht is looking for new legislation that would allow police to seize the vehicle of anyone caught speeding more than 50 km/h over the limit. The idea was endorsed last Friday in a resolution from the Alberta Association of Chiefs of Police.

Knecht said some people are not getting the message, and he believes vehicle seizures would underscore the point.

"We just don't want to see people killed," he said Monday. "At the end of the day, this is

In numbers

515

Edmonton police wrote 515 tickets in 2012 for drivers caught going more than 50 km/h above the limit.

about saving lives."

Knecht said people going that fast can lose control in an instant.

"There is not much room to negotiate, not much room for error at 200 km/h," he said.

But Justice Minister and Solicitor General Jonathan Dennis said the province isn't interested in changing the legislation.

"It isn't something that we're considering at this time," he said, adding the province isn't completely closed to the idea, but they are not convinced that seizing vehicles would deter lead-footed drivers.

"We just haven't seen the evidence that would justify it."



The province is not prepared to change traffic legislation to allow for the seizure of vehicles when drivers are caught speeding excessively, despite a resolution from the Alberta Association of Chiefs of Police on the matter. **METRO FILE**

1 NEWS



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Workload. Edmonton councillors considering growth in office staff

Edmonton councillors took the first step toward growing their number of office staff Monday.

At the city's council services committee meeting, Coun. Amarjeet Sohi asked for administration to study adding staff to their offices.

Councillors each currently have a full-time executive assistant and a part-time research assistant, but Sohi said there is too much work for them to keep up with.

"I think we need to look at the workload, and not only compensate them properly,

but also give them the hours to complete their work," he said.

Sohi wants to study turning the part-time research assistant into a full-time staffer.

Coun. Ben Henderson agreed with Sohi and said staff are being run off their feet to keep up with constituent demands.

"To be able to deal with people the way we would like to be able to deal, it is getting harder and harder every year," he said. Sohi's motion will still need council approval.

RYAN TUMILTY/METRO

Back in time. Klondike theme making a comeback to Edmonton summer fair

It may be K-Days now, but the Klondike is making a comeback to Edmonton's annual fair this summer.

Sunday, July 28 — the last day of the festival — will be Klondike Day, organizers announced Monday.

The day, for which Edmontonians are encouraged to bust out their bonnets and bow ties, will feature a reunion with Klondike Kate, Klondike Mike and other entertainers in the 19th century-themed Klondike Park.

Klondike Park will feature the Klondike Express for an old-time locomotive tour and history of the gold rush, opportunities to pan for gold

and more.

The theme will also be spread throughout the 10-day fair among other activities, such as the midway, Rib Fest, beach volleyball, horse racing, beer gardens, musical acts and more.

After being known as Klondike Days, the festival was renamed Capital Ex before being re-branded against last year in time for the 2013 event. METRO

On the web

For more local news go to metronews.ca



Susan Morrissey, executive director of the Edmonton Social Planning Council, and Coun. Ben Henderson speak to media on Monday about a survey that assessed the impact of eliminating the Summer Temporary Employment Program (STEP). ANNALISE KLINGBEIL/METRO

STEP-program cut impacts many: Survey

Axed. Provincial budget ended community employment initiative



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Thousands of children, families and post-secondary students are feeling the impact of the cancellation of a popular employment program, ac-

cording to results from a survey released Monday.

When the 40-year-old Summer Temporary Employment Program (STEP) was axed in Alberta's March budget, critics said municipalities and non-profits who used the program would feel its loss.

A survey released by the Inter-City Forum on Social Policy and the Edmonton Social Planning Council confirms that is the case.

A total of 234 surveys were completed, and more than half of respondents said the

loss of STEP means they will not be able to maintain programs and services.

Fifty-eight per cent of survey respondents said fewer people would be able to access their programs, and 44 per cent said vulnerable low-income children and families would not be able to access free summer programming.

"The biggest losers, I think, are Albertans across the board," said Susan Morrissey, executive director of the Edmonton Social Planning Council.

In Edmonton, STEP funded various positions and programs, including the city's popular Green Shack summer initiative.

Despite the cuts, Coun. Ben Henderson said some community leagues are partnering together to still offer it this summer.

"We may not have as much Green Shack this year as we've had in the past, but most organizations wanted to find a way to keep it going in some form or another," he said.

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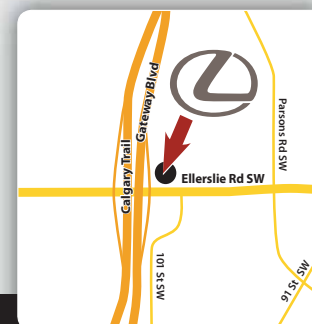


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Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship.

During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY



Lenora Belanger and her newborn Faith. JEREMY NOLAIS/METRO IN CALGARY

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-in-

spection official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project.

THE CANADIAN PRESS

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NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden

"immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for re-

vealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterrorism tool. The

disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Fallout. Report of British snooping on foreign diplomats raises hackles

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

• "We never comment on security or intelligence issues and I am not about to start now," he said.

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish

delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily. "It's a scandal! The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

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Deadly airport expanding despite danger

Lukla, Nepal. Gateway to Everest is the site of three major crashes and 35 fatalities

As soon as the decades-old Twin Otter plane landed at Lukla airport, passengers burst out in applause. They do that for nearly every safe

landing at the often terrifying airport at the gateway to Mount Everest.

At an altitude of 2,843 metres, the small airstrip is narrow, short and sloped. Miss the runway by a few metres and the plane would hit a mountain.

"After you cross the river there is no turning back, you have to land," said Pramod Poudel, a Tara Air pilot who

Only one chance

"If you don't do the proper calculation or proper exercise, then it" — meaning an accident — "happens."

Pramod Poudel, Tara air pilot

has flown hundreds of these flights to Lukla.

Crashes are not uncommon.

In 2008, 18 people were killed when a plane smashed into the side of the runway and caught fire while trying to land in heavy fog. Fourteen were killed in August 2010 and three in May 2004.

Despite the danger, the airport has expanded tourism and jobs in the area. In addition to trekkers, the flights bring in food and other supplies. **THE ASSOCIATED PRESS**



A woman holding her child watches a plane take off from Nepal's Lukla airport last month. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Hong Kong to U.S. flight. Passenger cries poisoning, police greet landing plane

A flight from Hong Kong on which a man claimed everyone was poisoned landed safely Monday at Newark Liberty Airport. The man was taken off the plane under a heavy police presence.

The man stood up during the flight to make the claim but there was no indication that any passengers aboard United Airlines Flight 116 were actually poisoned, an FBI spokesman said.

After the passenger caused a disruption, procedures were followed and the flight continued on as scheduled with 238 passengers aboard to Newark, just outside New York City, the airline said.

A large police contingent met the flight as it arrived, a passenger from another plane said.

Merrill Amos, a graduate student on her way back to San Francisco after attending a wedding in upstate New York, said dozens of police vehicles surrounded the plane after it stopped on the tarmac a few hundred metres short of the terminal. Amos said she saw a few passengers walk down a portable staircase and get into a waiting ambulance.

Amos said she saw authorities "dragging" a man she assumed was the passenger in question down the stairs and into a white SUV.

"He wasn't passed-out limp, but he looked very sluggish," Amos said.

The plane then taxied to the gate to allow the rest of the passengers to get off, she said. **THE ASSOCIATED PRESS**

NSA data-mining scandal. U.S. envoy to Canada says citizens safe from spying

The U.S. envoy to Canada dismisses concerns that his country is invading the privacy of Canadian citizens.

U.S. Ambassador David Jacobson is commenting on the intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret, data-mining program called Prism has given the U.S. government access to a massive cache of digital information from companies such as Google, Microsoft and Apple.

That has since sparked a probe by Canada's privacy commissioner, Jennifer



U.S. Ambassador David Jacobson
THE CANADIAN PRESS

Stoddart, about the implications of that U.S. program for Canadians. Stoddart said the scope of the information reportedly being collected raises "significant concerns."

Jacobson says Americans and Canadians can take comfort in the fact that respect for privacy and individual liberty are highly regarded values in his country. **THE CANADIAN PRESS**

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Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple discloses U.S. data request figures

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid \$12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zepelin.

Info-Tech, which is head-

quartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS



Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters.

TORSTAR NEWS SERVICE FILE

Northern Gateway. Pipeline would benefit all Canadians, company tells review panel

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact.

In final arguments to the panel, Richard Neufeld stressed that the pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians.

"It's going to allow our country to enjoy tremendous economic benefits that would be afforded by this project, while at the same time providing fair and reasonable protections for local and regional interests," Neufeld said.

After more than year of public hearings around the province, the final phase got underway Monday in Terrace, B.C., with a visible security presence.

THE CANADIAN PRESS

Music

Jay-Z gives away album to 1M Galaxy users

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

THE ASSOCIATED PRESS



Jay-Z
GETTY IMAGES

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

THE CANADIAN PRESS

Market Minute

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SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lay awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



SHE SAYS
Jessica Napier
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation which effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood pressure levels, reduced mental clarity, and an increased risk of diabetes and obesity.

Most of us know the importance of a good night's sleep, but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

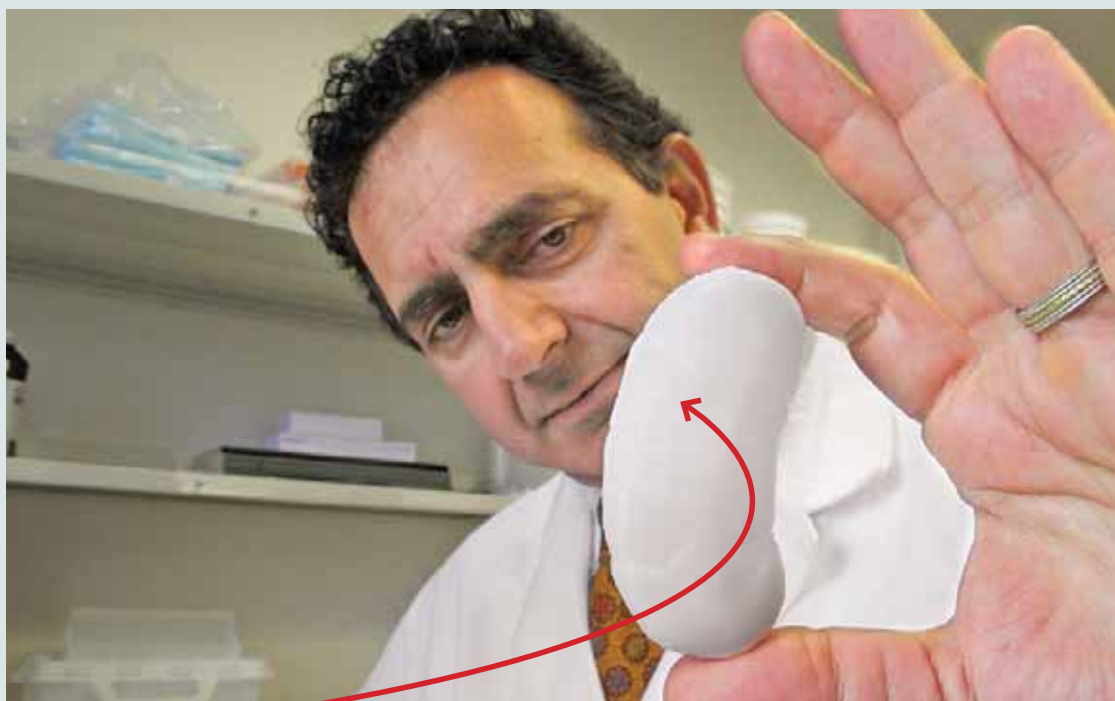
The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. **METRO**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily, you don't have to choose sides in the 'real' camera versus iPhone fight. Follow these professional photographers who use iPhones, too.



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@chrisconnolly:
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Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion.

Dennis posted to metronews.ca

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

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The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.



Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy — Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.



The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.



Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.



Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.



Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

LOVERS

CONTROVERSIES



Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."



Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."



Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.

Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jack-ass"—twice. "I don't give a f—k what the president's got to say," Kanye rapped.



Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure



Fatburger 2008 — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. Ozzy



talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a--hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing." And now they are having a date night. All together now: "Awwwww."

Due date looming, Kate's done with public appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess



Kate Middleton

of Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.



Twitter



@TheRealRosanne
just experienced my fourth earthquake in six weeks-omg



@RickiLake
I know I'm a little late, but Downton Abbey is soooooo good.



@lenadunham
Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.



Nigella Lawson ALL IMAGES GETTY

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware"

of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

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Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS

life@metronews.ca



Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



Is there anything I absolutely need to take to the beach?

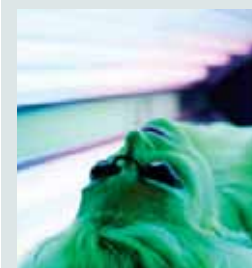
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA



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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

3 healthy meals for kids 12 and up

Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal



and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to

spread on top of and around pork. Leave one end uncheesed if blue cheese isn't popular with someone in your home.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.

Almond chicken with Arroz Vedre

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

teaspoons jarred minced garlic)

- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.

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Slow Cooker Barbecued Beef Sandwiches



- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner rolls
- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high setting 4 to 6 hours or until tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.



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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.

Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of L-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

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When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

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Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
1/4 cup fresh blueberries
1/2 banana
1/4 tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy



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How to feel good naked

Health. The author of WomanCode turns your body into a “power source” with these tips

MEREDITH
ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night.

Alisa Vitti, a hormonal health expert and the author of WomanCode, a book about “supercharging your sex drive,” says it doesn't have to be that way.

“What's normal is a sex drive that increases as you age,” she says.

“You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones.”

Avoid



Small quantities only



Avoid



AVOID

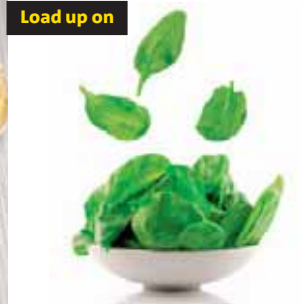
SOY: More specifically, soy protein isolate.

It's packed full of estrogen, which can very often

exacerbate many hormonal symptoms.

However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

Load up on



Load up on



Load up on



hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne.

Concerned about calcium? Bok Choy and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten.

It has been shown to decrease fertility in some individuals by raising stress levels.

LOAD UP ON

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EPA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

K
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Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chop-



This recipe serves 12. THE CANADIAN PRESS H/O

stick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, gar-

nish with lime slices and grated coconut. **THE CANADIAN PRESS/ RAW ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)**

Ingredients

Coco-Macadamia Crust

- 125 ml (1/2 cup) macadamia nuts
 - 250 ml (1 cup) shredded coconut
 - 3 chopped seedless dates
 - 2 ml (1/2 tsp) alcohol-free vanilla essence
 - 1 ml (1/4 tsp) sea salt
- ### Avocado Mousse
- Flesh of 2 to 3 avocados
 - 175 ml (3/4 cup) lime juice
 - 125 ml (1/2 cup) coconut butter
 - 125 ml (1/2 cup) agave nectar
 - 2 ml (1/2 tsp) vanilla essence

Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has

been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Snack. Grilled Lattice-Topped Apples



1. Heat grill to 190 C (375 F).

2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.

3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon filling into hollowed-out apples.

4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.

5. Place apples in heavy pan that can go on a grill. Pour apple juice into pan around base of apples. Place pan on grill. Close

grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.

6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce.

THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013)

Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

Spice up your life — and sorbet

Put a new spin on entertaining. Make recipes that are full of wholesome ingredients, yet simple to create with the help of the ultimate multitasking kitchen tool: a high performance blender.

The new Vitamix 7500, with all of its high tech features, allows you to quickly blend for a flavourful gazpacho. Clean the machine in 30 seconds and then whip up this gourmet Spiced Berry Sorbet.

Vitamix machines take

Ingredients

- 1 cup (150 g) each frozen unsweetened strawberries, blueberries, blackberries and raspberries
- 2 cups (300 g) frozen pitted Bing cherries
- 1/2 oz (14 g) fresh ginger, peeled
- 1/2 cup (120 ml) cold water
- 1/2 cup (100 g) granulated sugar
- 1/2 cup (13 g) fresh mint leaves
- 1/8 tsp each ground cloves and ground allspice
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract



This recipe makes 4-1/4 cups (1 l) NEWS CANADA

the place of numerous kitchen appliances. They finely chop, grind, and blend whole-food ingredients and much more—all in one container.

1. Partially thaw frozen berries and cherries for 20 minutes; set aside.

2. Place ginger, water, and sugar into the Vitamix container and secure lid.

3. Select Variable 1.

4. Switch machine to Start and slowly increase speed to Variable 8. Blend for 20 seconds, until ginger is finely chopped. Stop machine and remove lid. Add berries and cherries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture and secure lid.

5. Select Variable 1.

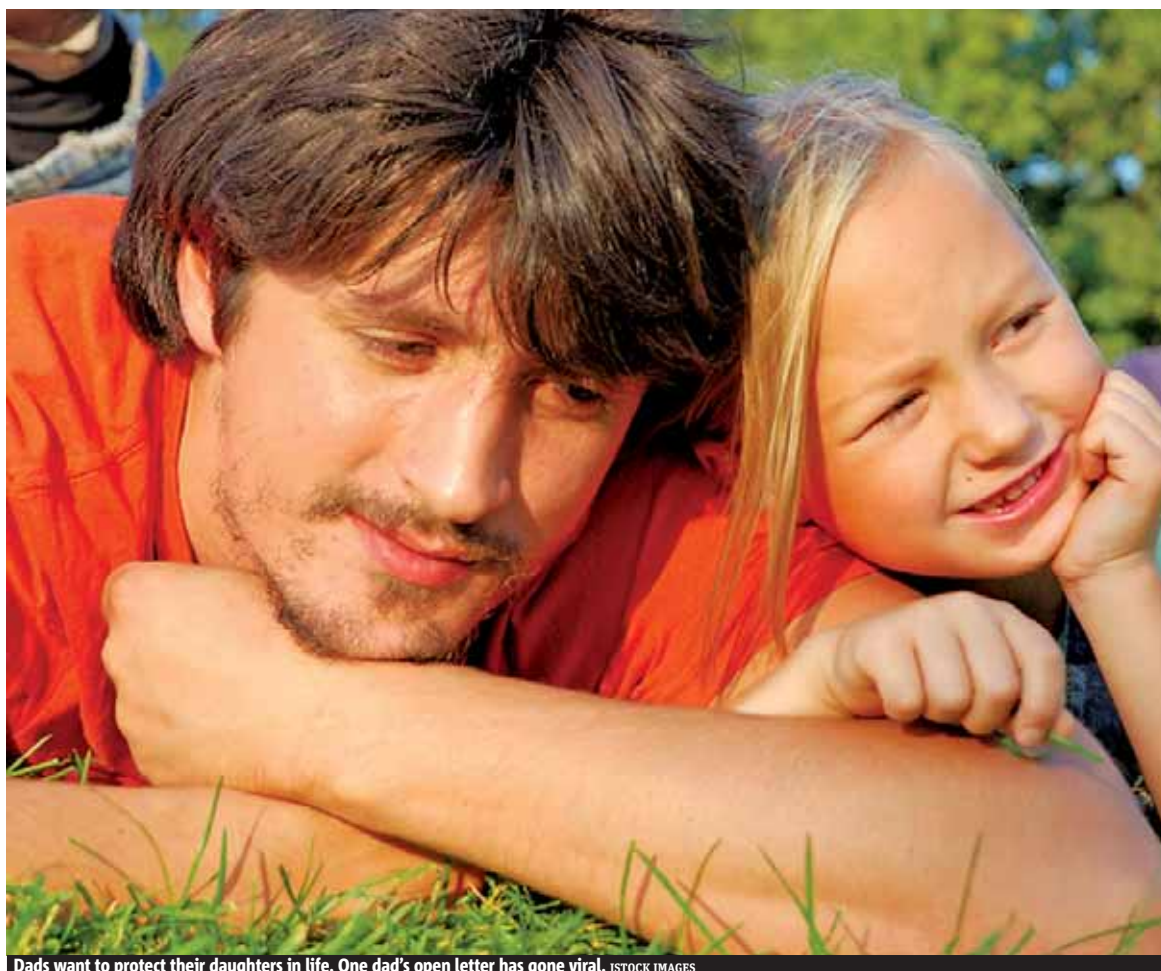
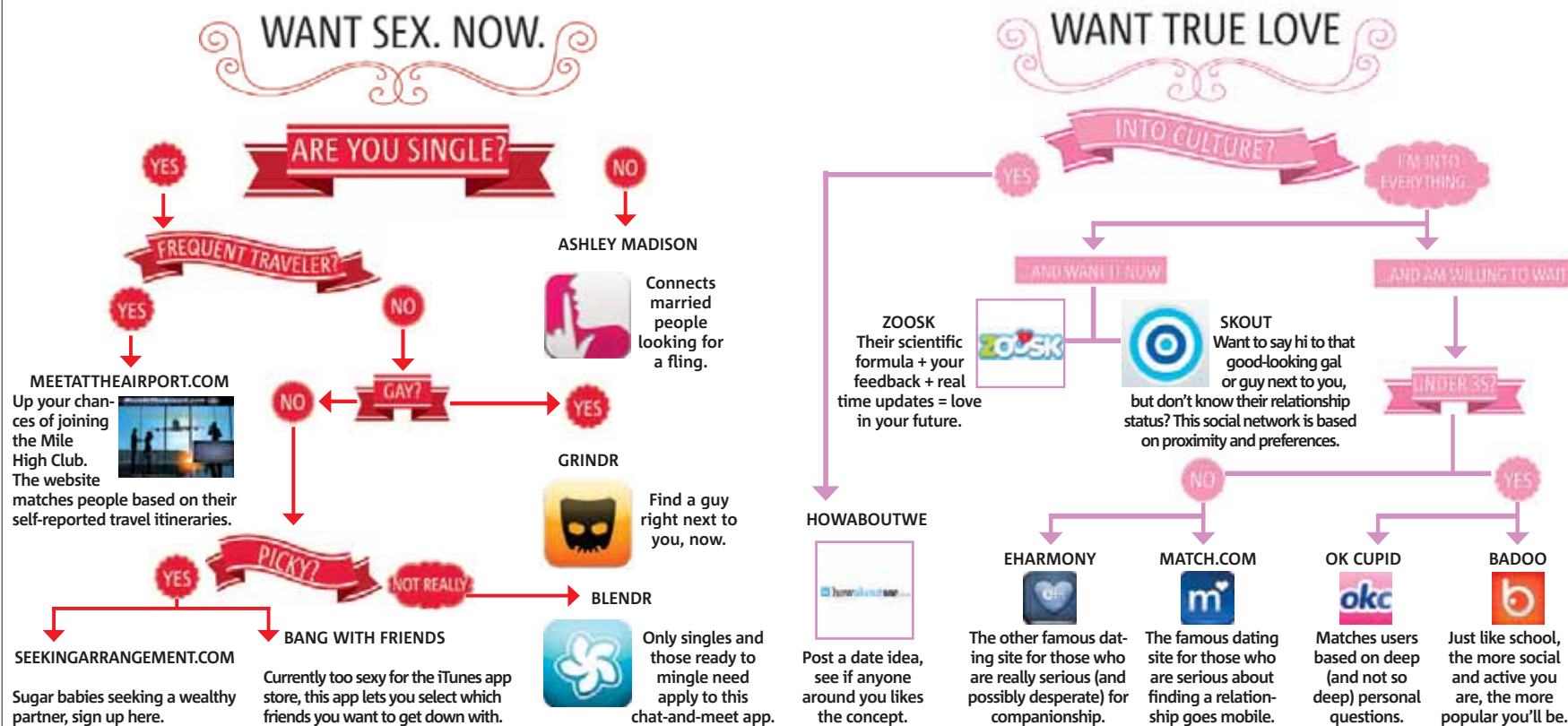
6. Switch machine to Start and slowly increase speed to Variable 10, using the tamper to press the ingredients into the blades. In about 25 to 30 seconds, the sound of the motor will change and four mounds should form.

7. Stop machine. Do not over-mix. Serve immediately.

NEWS CANADA

SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS



Dads want to protect their daughters in life. One dad's open letter has gone viral. ISTOCK IMAGES

The doctor is in, and he's worried about his little girl's love life

MARY ANN
GEORGANTOPOULOS
Metro World News

Every dad wants to protect his little girl and help her through life.

Dr. Flanagan — no first name was given — wrote a heartwarming letter to his daughter to let her know she deserves a good man in her life.

The letter was first posted on The Good Men Project, a site set up to "have a conversation about what it means to be a good man."

"I dedicated this post to my daughter ... but I also wrote it for my wife, who has courageously held on to her sense of worth and has always held me accountable to being that kind of 'boy,'" he wrote. "I wrote it for every grown woman I have met inside and outside of my therapy office — the women

who have never known this voice of a Daddy."

After searching a question on Google, Dr. Flanagan found a commonly asked question on "how to keep him interested." This didn't sit well with Dr. Flanagan, who believes a woman should not work to keep a man interested in her.

"Little One, it is not, has never been, and never will be your job to 'keep him interested,'" he wrote.

"Little One, your only task is to know deeply in your soul — in that unshakable place that isn't rattled by rejection and loss and ego — that you are worthy of interest. (If you can remember that everyone else is worthy of interest also, the battle of your life will be mostly won. But that is a letter for another day.)"

YOU CAN READ THE FULL LETTER AT GOODMENPROJECT.COM



The typical bankrupt Canadian is a 43-year-old man owing \$61K above and beyond a mortgage. ISTOCK IMAGES

Male, middle-aged and bankrupt?



YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, forthe love of money.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Where there's a will there's a way — to rest easy

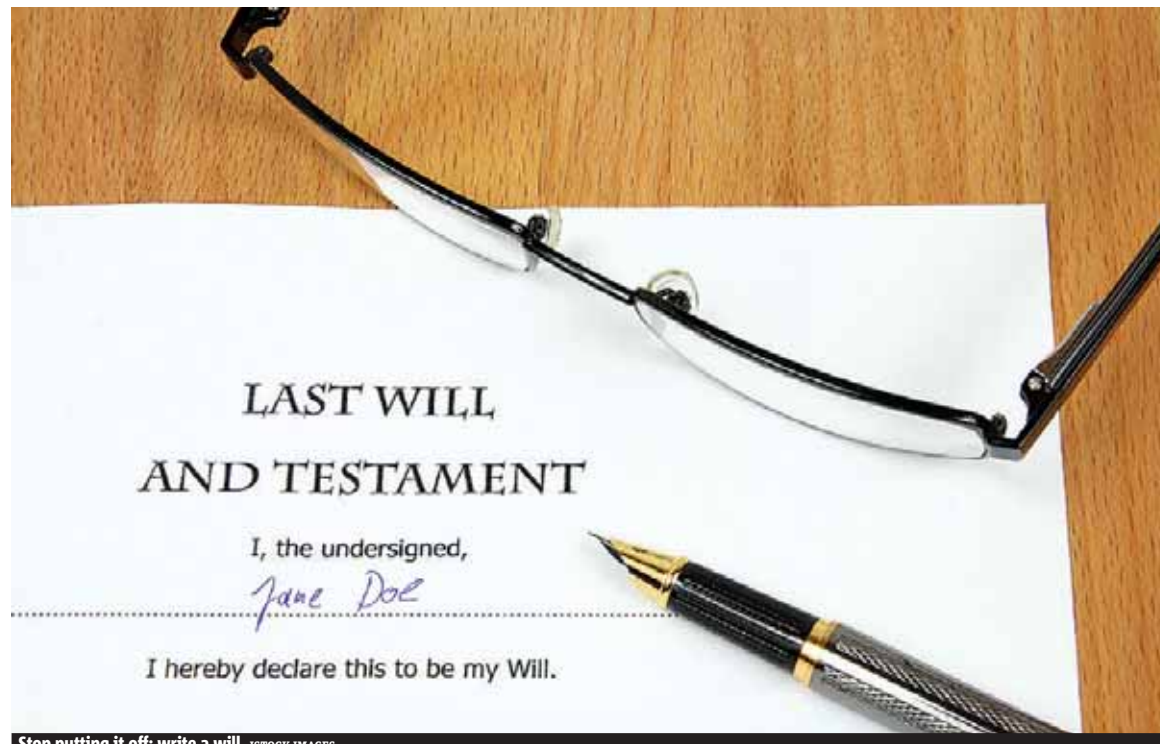
Writing a will is one of those responsibilities many people put off. But the fact is, nobody should be without a will.

A will gives you the unique opportunity to exercise your rights and to decide where your assets will go. With a will, nothing is left open to misinterpretation and your wishes will be respected.

If there is no will, your estate will be distributed according to the laws of the province where you live. These laws are inflexible and may not take into consideration the care of people or organizations you wish to remember. They don't make exceptions and property is distributed according to an all-purpose plan. They may deplete your estate unnecessarily, for example, requiring that a court-appointed administrator be bonded.

The laws also "fly blind" trying to guess your desires concerning who should be your administrator, or who should be guardian of your children if they are minors.

They also cannot make charitable bequests or gifts to causes like cancer research or Amnesty International, which you sup-



Stop putting it off: write a will. ISTOCK IMAGES

ported in your lifetime. Only a personal will can do that.

Here are the answers to some commonly asked ques-

tions:

Don't only wealthy people need wills?

Actually, the smaller the es-

tate, the more important it is that it be settled quickly to avoid additional expense. This can only happen with a properly written will.

Don't only people with troublesome relatives need wills?

Even family members with the best intentions may be

Lawyer time

Lawyers charge for their time and knowledge, so it is important to be prepared. Here are three simple steps you can take to save money:

- Make a list of all your property, including real estate, bonds, savings accounts, RRSPs, jewelry, family heirlooms and works of art — everything.
- List the people you want to provide for, along with their ages, addresses and their relationship to you.
- Name your executor and alternative executor (preferably both younger than yourself), and suggest a guardian for your children if they are minors.

puzzled and confused as to what your wishes may have been in the absence of a will.

Isn't it expensive to have a will prepared?

Wills are usually less costly than people expect and can help avoid the emotional and financial costs of not having a proper will.

NEWS CANADA

TURN DEGREES INTO CAREERS

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

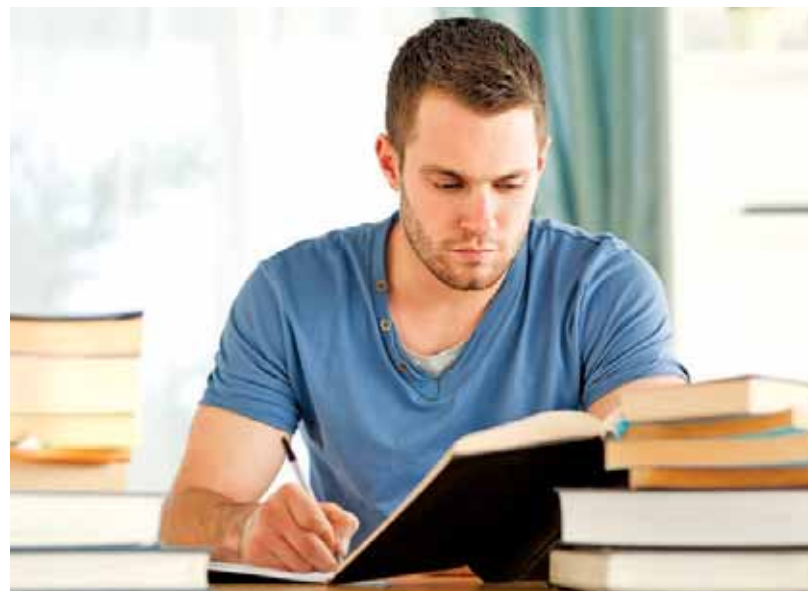
Allan Rock, president of the University of Ottawa, offers a robust defence of the

university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything



WAVEBREAKMEDIA/MICRO/VEER

we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and

curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

The board report found degree-holding workers make more money and contribute more to business innovation and productivity than non-degree holders.

— Jon Tattrie



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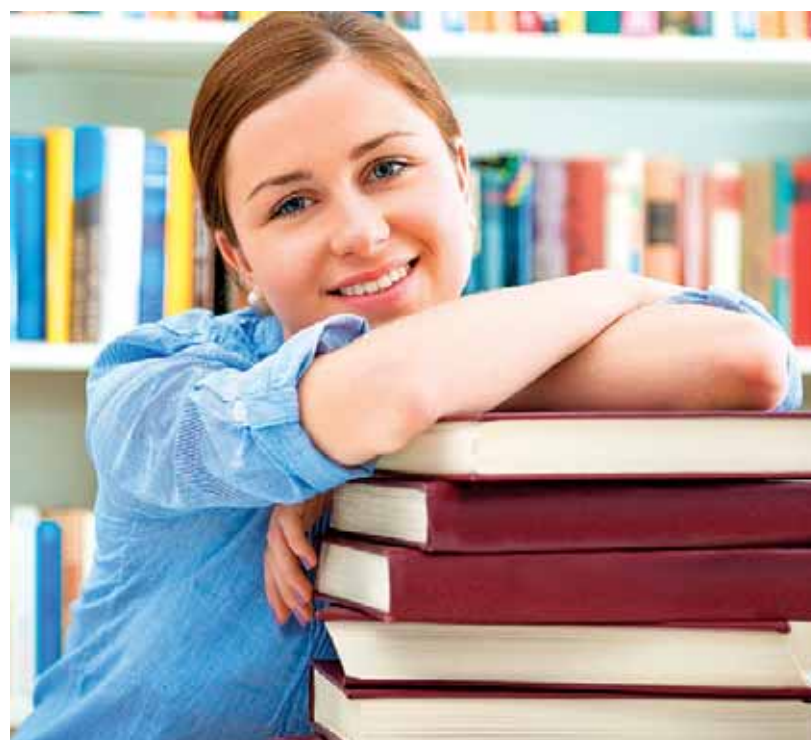
Half of Canada's undergraduate students participate in an internship or co-op learning experience before they graduate. That's one of the facts about innovation in teaching and learning being highlighted in a new web resource and fact sheet on undergraduate education launched by the Association of Universities and Colleges of Canada.

"Today's university experience is different from that of 10 or 20 years ago in many ways," says Paul Davidson, president of the Association of Universities and Colleges of Canada. "Excellence in teaching and research remains the foundation of undergraduate education, but the way it is delivered is much more innovative and experiential than it has been in the past. Today's undergraduates have unprecedented opportunities to work

with employers through internships, co-ops and community service learning, and benefit from practical hands-on research experiences. Students are bringing what they learn in the classroom to the community and industry, gaining experience and building networks that help them transition to rewarding careers."

AUCC's enhanced web resource on innovation in undergraduate teaching and research features case studies, videos, quick facts and related articles and publications. It is designed to share promising practices and new ideas within the higher education community, for the benefit of all Canadians.

"We invite students, parents and others to learn how universities are changing," Davidson says. "Canada's universities are committed to providing all students with



ALEXRATHS/VEER

a research-enriched and globally engaged experience within a vibrant campus community. It's a well-rounded experience that prepares students to succeed in the global knowledge economy."

University presidents gathered in

Calgary in April for AUCC's semi-annual membership meeting. The meeting agenda included a dialogue on undergraduate education, where presidents shared innovative practices and strategies around the undergraduate experience.

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STUDY CAREERS THAT ARE IN DEMAND

AT THE ACADEMY OF LEARNING

The reason so many schools offer a health-care aide program is because it has been proven to be a field where trained professionals are in demand.

At Academy of Learning Career College, study to enter to this high demand field in only five months without worrying about waiting until September to start.

"This is an opportunity for people to enter the health-care profession with a five-month program that gives them the skills employers are looking for, as well as what provincial regulations require," says Charles Jarvis, general manager, Academy of Learning.

"The Academy of Learning health-care aide certificate uses the official government of Alberta curriculum, so you know you're getting the highest standard of training."

Jarvis says health-care aides are an important part of extended care facilities,



WAVEBREAKMEDIA/MICRO/THINKSTOCK

home care, hospitals, and more, and they are always in demand.

"Whether you have a background in health care, either in Canada or from

another country, or are a person who sees health care as a great career move, Academy of Learning can get you started quickly and professionally," Jarvis says.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

"Health-care aide remains a strong career option for people looking for employment in a caring, helping field," Jarvis says.

"The demand remains high among employers and Academy of Learning graduates are recognized as highly skilled workers, ready to do the jobs they were trained for, and that employers need done."

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

There is no need to wait until September to begin your training since intake is continuous to provide students with the maximum flexibility for their education.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more, visit academyoflearning.ab.ca.



GOLDENKB/VEER

GET OUT IN THE WORKFORCE EARLIER

Forget waiting until September to start your career in computer-aided design — at Digital School start as early as July 2.

By starting this summer, be out in the workforce by this time next year in a field where industry professionals are in high demand in Alberta.

"I can say with confidence that the job market for qualified drafters is very strong," says Brady Sylvester, assistant manager of Digital School.

So strong that Sylvester says he has run out of room to post job listings on the job board, and that was only for jobs posted in four weeks.

Currently, all Digital School programs are accepting applicants for the July term, meaning you could graduate as early as December from the full-time computer-aided drafter certificate program. Or in June from the architectural or engineering CAD technician diploma programs, or the part-time, online

computer-aided drafter certificate.

Digital School has no waiting lists, and professional admissions advisers are specially trained to assist applicants with every aspect of the process, from their first inquiry through the different student funding processes that are available, and to get it done efficiently and quickly.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.



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EVELINE CHARLES ACADEMY

GET INVOLVED AS AN AMBASSADOR

MACEWAN UNIVERSITY

Living in a new country and navigating a new language, Abbass Hojeij was determined to have a fulfilling post-secondary experience at MacEwan University — and just as determined to ensure other international students have the same advantage.

“I was able to get involved at MacEwan University by volunteering,” the bachelor of arts student says. “By volunteering, you don’t have to work too hard to get involved.”

Hojeij moved from Lebanon to live in Edmonton with his brother and attend school. After his brother decided to return home, Hojeij moved into residence where he quickly made friends.

He felt so welcome at the university he decided he wanted to give back — and it was the MacEwan ambassador program that helped him do so. Walking across campus one day, he spotted a sign for the program and wanted to find out more about it.

The leadership program helps participating students, or ambassadors, get



Abbass Hojeij

CONTRIBUTED

involved in the community, whether at MacEwan University or off campus. One of his main activities was taking new students on a tour of the campus.

“I thought it would be ironic — the international student showing the new students around,” he says with a smile.

During his time in the program Hojeij spent the majority of his volunteer hours by introducing new students to the univer-

sity and participating in the international student partnership program (ISPP).

The ISPP was started by a past ambassador to help international students connect with their domestic counterparts. By matching international and domestic students, the program hopes to “enrich their social lives by developing friendships and support networks.”

Hojeij acknowledges the importance

PROGRAM INFO

The MacEwan ambassadors program is a leadership opportunity for participating students to get involved in the community and make a difference through volunteerism, whether at MacEwan University or off campus.

Students commit 40 hours each year to volunteerism activities, such as helping out at the university’s open house event or working with the Boys and Girls Club of Edmonton. Some students even choose to create a “legacy project,” wherein they must identify and fill a need that will have a positive impact on campus, whether as a one-time activity or as a project they want to see continued for years.

of getting involved in the community and his university.

“You get to learn a lot, which is especially good for an international student,” he says. “It gets you out of your shell, you practise your English, and you get to know the city.”



Trevor Moyah

CONTRIBUTED

HELPING BUILD A BRIGHTER FUTURE

Trevor Moyah admits if he had been asked what his life purpose was eight years ago he would not have had an answer.

A member of the Frog Lake First Nation and born and raised in Edmonton, Moyah had fallen into a life of homelessness and addiction that was leading him down the path to self-destruction. It was an existence similar to the lives of many of the youth he strives to help today.

Looking back on that chapter of his life, he is certain about one thing. “I know of friends from the street who have since passed, and I know if I had not changed my path, I’d either be in jail or dead by now.”

Now married and the father of two little boys, Moyah just completed the first year of the master of social work program at the University of Northern British Columbia. The graduate of MacEwan University’s bachelor of child and youth care attributes the support of family members and his church with helping him change his life’s direction, but feels his

IT’S THE BEGINNING OF A NEW JOURNEY

For some students, completing an undergraduate degree marks the end of their educational journey. For others, it’s just the beginning.

Many MacEwan University graduates are choosing pursue graduate studies. Since the university’s first class of four-year degree students graduated in 2008, more than 140 alumni have enrolled in graduate studies around

the globe — a number that grows each year.

And they are focused on areas of study far more diverse than one would think. For example, graduates with a bachelor of arts psychology major have gone on to pursue master’s degrees in disciplines such as education, sports psychology, criminology, divinity, physical therapy, medicine and law.

undergraduate education was key in helping him grow into the person he is today.

“When I decided to pursue my post-secondary education I often wondered if I would be able to do it,” he says. “I had a lot of self-doubt and did not believe in myself. My experience at MacEwan University helped me gain confidence and grow stronger both academically and individually.”

Now Moyah has a life purpose — to

help Aboriginal youth, and youth in general, discover their own strength and purpose.

“The one thing I hope to accomplish in my life is to help youth understand how important they are to the future,” he says. “My hope is that these youth will go back to their communities — whether that be in the city or rural communities — to help build their communities and a brighter future.”

“I’ve learned a lot about who I am as a person. My experience at MacEwan University helped me gain confidence and grow stronger both academically and personally.”

Trevor Moyah

Bachelor of Child and Youth Care (MacEwan, 2012)

Trevor Moyah understands first-hand the importance of nurturing the person as a whole. The Bachelor of Child and Youth Care graduate was once a homeless youth troubled by addiction and on a path of self-destruction. However, he found a purpose that helped him turn his life around: to help at-risk Aboriginal youth heal and realize their potential.

Now Trevor is working on his Master of Social Work at the University of Northern British Columbia.

“I feel my education has helped me grow in all aspects of my life – mentally, emotionally, spiritually and physically.”

This all-encompassing personal growth has prepared Trevor to pursue his dream of guiding youth in finding their own strength, helping them grow into the leaders of tomorrow.



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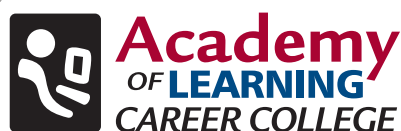


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CHANGE DIRECTION

WITH THE CA BRIDGING PROGRAM

Looking for an early career change, Jarrod Nyholt decided to step away from his career as kinesiologist and pursue a new career as a chartered accountant through the CA bridging program at the University of Lethbridge Calgary Campus.

"I quickly found out that most of the careers related to kinesiology (physiotherapist, chiropractor, trainer) did not offer the room for career growth and opportunity that becoming a CA would," Nyholt says. "The CA bridging program was very beneficial because it allowed me to make a quick career change without having to go back to school for a whole new degree."

Nyholt says he took very few business courses with his degree, but was able to complete all the required courses through the CA bridging program within 16 months of starting.

CA bridging is offered at the U of L Calgary campuses through the faculty



YURI ARCURS/VEER

of management and is designed for students who may be already working full time but are looking to further their careers as chartered accountants.

This initiative also serves professionals considering changing careers, university graduates in fields other than accounting, and new Canadians with international accounting credentials seeking Canadian credentials and experience.

For more information, visit uleth.ca/calgary/ca-bridging.

GET A JUMP ON DREAM JOB AT ROBERTSON

Although September may not seem that far away, getting an early jump on your education could also mean an early jump on that dream job.

By enrolling in the health-care aide program at Robertson College for the August intake, you will be job ready sooner than most students.

In just five months you could be beginning 2014 with a meaningful career by helping people who are not able to help themselves.

Students of the health-care aide program at Robertson College will be taught the Alberta provincial curriculum and will receive hands-on experience because of the small classes.

"We have small classes allowing for personal and individualized attention," says Violet Reid, campus director of Robertson College, Edmonton campus.

"This allows the students to obtain



CONTRIBUTED

the levels of certification which employers are looking for."

To ensure maximum student success, Robertson offers assistance in job searching to help graduates find employment upon completion of their training.

"You are not just a number at Robertson College," Reid says. "Everyone in the school knows your name and are interested in your success."

With no wait lists at Robertson College, starting your education can be easier than expected.

For more information about the health-care aide program at Robertson College, visit robertsoncollege.com.

EVELINECHARLES TRAINS INDUSTRY LEADERS

Eveline Charles, founder and CEO of EvelineCharles Salons|Spas|Beauty MD|Academy, is one of the most recognized names in the Canadian salon and spa industry. Driven by a passion for beauty and business and backed by 40 years of experience, Eveline Charles has grown her business to a multimillion-dollar corporation from a one-woman operation.

With two fully established facilities in Edmonton and Calgary, EvelineCharles

Academy is the largest hair design and esthetics school in Canada, the first Sassoon Academy Connection School in the country, and only school in Canada to offer international therapies examination council (ITEC) certification.

EvelineCharles trains industry leaders, taught by industry leaders. Instructors receive ongoing leading-edge training from international technicians and artists, and are extremely talented and accomplished pro-

fessionals within their industry. Students are award winning — in 2013, EvelineCharles students placed first in the Alberta Skills Competition for Esthetics and first internationally in Sassoon Academy School Connection Hair Design Competition.

It has never been easier to follow your passion and develop a career in the beauty industry. For more information, contact Bonnie at admissions@ecacademy.com or call 1-877-709-5672.



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NORQUEST: PUTTING PEOPLE TO WORK

NorQuest College's apprenticeship prep pilot program provides the introduction to a trades career and hands-on experience needed to become a big player in Alberta's workforce.

During the four-month academic portion of the program, students focus on science, math, reading skills, computer literacy and workplace culture.

These essential skills help students successfully challenge the apprenticeship entrance exam and prepare for work experience in their chosen field.

For NorQuest graduate Rebecca Lacoursiere, 36, her interests lie in carpentry.

"I've always been a hands-on type of person," Lacoursiere says.

"Initially, I went to school looking in another direction, but I wanted a higher standard of living. I am now making more money than I ever have."

Using its wide array of industry contacts, NorQuest found her a work placement at Northgate Industries in Edmonton to complete her final months of the program.

Once the placement was complete, Northgate hired Lacoursiere as a permanent staffer and will sponsor her to begin her apprenticeship in September.

For students looking for a career in the pipe trades (welding, plumbing, pipefitting, steam fitting or related trades) they will enter a 10-week training session at Alberta Pipe Trades College upon completion of the academic portion of the program.

As an added bonus, the United Association of Plumbers and Pipefitters Local Union 488 will help program graduates find work placements.

For more information, see norquest.ca.



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MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

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SHINING A LIGHT
ON GREAT INNOVATION

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Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final in Boston. HARRY HOW/GETTY IMAGES

Paille helps Boston cream Blackhawks

Stanley Cup final.

Game 2's overtime hero comes through again by scoring a goal and drawing a key penalty

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value

Game 3

2

Bruins

0

Blackhawks

for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner on the night.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of diffi-

culty to his litany of pre-game fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

History has Boston at the front of the NHL championship bus now. Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times since the best-of-seven format began in 1939.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio

accounted for both Boston goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston.

Hawks co-scoring leader Marian Hossa was a late scratch, replaced by Ben Smith after being injured in the warm-up. **THE CANADIAN PRESS**

Backside backtrack

Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS



Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. **THE ASSOCIATED PRESS**

CFL

Grey Cup hero Horne cut by Argos

Pacino Horne has gone from Grey Cup hero to being unemployed.

The cornerback was among 11 players released Monday by the Toronto Argonauts. Horne started the club's 35-22 championship win over the Calgary Stampeders last November and delivered a key play in the win.

With Toronto leading 7-3, Horne intercepted Calgary's Kevin Glenn and returned it 25 yards for the TD and a 14-3 advantage. **THE CANADIAN PRESS**

Champs to chokers? LeBron's legacy on the line



The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. **ERIC GAY/THE ASSOCIATED PRESS**

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then, thud.

James had six turnovers in Game 6, the Heat were outscored by 24 with him on the floor, and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for

Big game James

31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." **THE ASSOCIATED PRESS**



Blue Jays shortstop Munenori Kawasaki forces the Rockies' Tyler Colvin out at second before throwing to first on Monday night in Toronto. BRAD WHITE/GETTY IMAGES

Jays continue climb out of cavernous AL East deficit

MLB. Toronto gets strong start from Johnson to move to three games below .500

Maicer Izturis drove in the game's only runs with an RBI single in the eighth inning and Josh Johnson had a strong outing on the mound Monday as the Toronto Blue Jays pushed their win streak to six games with a 2-0 interleague victory over the Colorado Rockies.

It's Toronto's first six-game win streak since May 2011 and moves the club (33-36) to three games below .500 for the first time since April 21.

The streaking Blue Jays, who have won nine of 11, are coming off a 5-1 road trip that

On Monday	
2	0
Blue Jays	Rockies

included the club's first-ever four-game sweep at Texas against the Rangers.

Despite pitching a gem, Johnson earned the no-decision and is still winless in eight starts for the Blue Jays. He gave up five hits while striking out 10 and walking two in 7 1/3 innings. Johnson, who last pitched June 9 in a 6-4 home loss to Texas, had his latest start pushed back twice due to a finger blister.

Jorge De La Rosa pitched

On the mend	
Jays manager John Gibbons said before the game that shortstop Jose Reyes and right-hander Brandon Morrow played for single-A Dunedin on Monday night.	

- Reyes has been sidelined since April 12 with a severely sprained left ankle, while Morrow is recovering from a right forearm strain.

seven innings of one-hit ball while striking out four and walking three for the Rockies (37-34), who kicked off a tough nine-game, 10-day road trip that also includes stops in Washington and Boston.

THE CANADIAN PRESS

MLB

Tigers' Scherzer yet to be solved

Max Scherzer has shrugged off the significance of his undefeated start, saying records are fluky statistics for pitchers and that he's simply playing for a good team.

When the Detroit Tigers right-hander found out he is the first to accomplish a couple feats since Rogers Clemens and Pedro Martinez, though, it knocked Scherzer off his script.

"That tickles me when you say those type of names," he said.

Scherzer improved to 10-0 and struck out 10, Miguel Cabrera hit a two-run homer and Detroit beat the Baltimore Orioles 5-1 on Monday night.

He became the first pitcher to begin a season 10-0 — with all decisions coming in starts — since Clemens went 11-0 for Toronto in 1997, according to STATS. And Scherzer is the first to have at least six strikeouts in his first 14 starts in a season since Martinez did it in 2001 with Boston, STATS said.

"He's at the top of his game pretty much," Tigers manager Jim Leyland said.

THE ASSOCIATED PRESS

Soccer. Canadian Lang on comeback trail to pitch

Her athletic trainers call it a "rebuild."

It's the painstaking process of taking apart something that wasn't assembled quite right and putting it back together properly.

For Kara Lang, fingers crossed, the result could be a resurrected soccer career.

"It's just kind of one of those things where I have to try it," Lang said. "Nothing is guaranteed when you really look at it. I just need to know that I tried."

The former Canadian soccer star is mounting a comeback, a chance to put some closure on a career that ended far too soon.

The Oakville, Ont., native, whose two torn ACLs forced her to retire at the age of 24, said she's been overwhelmed by the support she's received since news of her comeback got out late last week, saying "all the encouragement I've gotten is going to push me even more."

Lang could use the push. Rehab hasn't been easy. Since early this year when she put her broadcasting career on hold to commit to rehab full time, she's spent three out of four weeks in Montreal, working with a team of trainers provided by B2ten — a private business group that supports



Kara Lang is attempting to revive her soccer career.

THE CANADIAN PRESS FILE

Olympic athletes.

The breaking down-building up process has been tedious, but key. They're "pulling me off that ledge that apparently I was hovering over all the time, of tearing my ACL."

Her workouts, she said, could barely be called workouts. It's been a lot of simple, exercises like lunges and squats with no weight. The trainers watch and correct her.

"They're basically teaching me how to move in a completely different way," Lang said. "It's very frustrating. But that's what it takes to break these habits that I've developed over the years." THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	42	29	.592	—
Baltimore	40	31	.563	2
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	33	36	.478	8

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	39	29	.574	—
Kansas City	34	34	.500	5
Cleveland	34	35	.493	5 1/2
Minnesota	30	36	.455	8
Chicago	29	38	.433	9 1/2

WEST DIVISION				
	W	L	Pct	GB
Oakland	42	30	.583	—
Texas	39	31	.557	2
Seattle	31	39	.443	10
Los Angeles	30	39	.435	10 1/2
Houston	26	45	.366	15 1/2

Monday's results

Toronto 2 Colorado 0
Kansas City 2 Cleveland 1
Texas 8 Oakland 7
Chicago White Sox 4 Houston 2
Detroit 5 Baltimore 1
Seattle at L.A. Angels
All times Eastern
Tuesday's games
Tampa Bay (Archer 1-2) at Boston (Aceves 3-1), 1:05 p.m.
L.A. Dodgers (Ryu 6-2) at N.Y. Yankees (Hughes 3-5), 7:05 p.m.
Kansas City (Santana 5-5) at Cleveland (Jimenez 5-4), 7:05 p.m.
Colorado (Francis 2-4) at Toronto (Rogers 2-2), 7:07 p.m.
Baltimore (Britton 0-1) at Detroit (Verlander 8-4), 7:08 p.m.
Tampa Bay (Odorizzi 0-0) at Boston (Doubtrant 4-3), 7:10 p.m.
Oakland (Parker 5-6) at Texas (Darvish 7-2), 8:05 p.m.
Milwaukee (Figaro 1-0) at Houston (Lyles 3-1), 8:10 p.m.
Chicago White Sox (Axelrod 3-4) at Minnesota (Pelfrey 3-6), 8:10 p.m.
Seattle (Bonderman 1-1) at L.A. Angels (Blanton 1-10), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Atlanta	41	28	.594	—
Washington	34	35	.493	7
Philadelphia	34	37	.479	8
New York	25	39	.391	13 1/2
Miami	21	47	.309	19 1/2

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	44	25	.638	—
Cincinnati	43	28	.606	2
Pittsburgh	41	29	.586	3 1/2
Chicago	28	39	.418	15
Milwaukee	28	40	.412	15 1/2

WEST DIVISION				
	W	L	Pct	GB
Arizona	37	32	.536	—
Colorado	37	34	.521	1
San Francisco	35	33	.515	1 1/2
San Diego	35	34	.507	2
Los Angeles	29	39	.426	7 1/2

Monday's results

Cincinnati 4 Pittsburgh 1
St. Louis 5 Chicago Cubs 2
Philadelphia 5 Washington 4
N.Y. Mets at Atlanta
Miami at Arizona
San Diego at San Francisco
Tuesday's games
All times Eastern
N.Y. Mets (Harvey 5-1) at Atlanta (Wood 0-0), 1:10 p.m.
Washington (Detwiler 2-4) at Philadelphia (Lee 8-2), 7:05 p.m.
Pittsburgh (Morton 0-1) at Cincinnati (Latos 6-0), 7:10 p.m.
N.Y. Mets (Wheeler 0-0) at Atlanta (Maholm 7-5), 7:10 p.m.
Chicago Cubs (Samardzija 3-7) at St. Louis (Wainwright 10-3), 8:15 p.m.
Miami (Eovaldi 0-0) at Arizona (Delgado 0-0), 9:40 p.m.
San Diego (Cashner 5-3) at San Francisco (Cain 5-3), 10:15 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Boston leads 2-1)

Monday's result

Boston 2 Chicago 0

Wednesday's game

Chicago at Boston, 8 p.m.

Saturday's game

Boston at Chicago, 8 p.m.

Monday, June 24

x-Chicago at Boston, 8 p.m.

x — if necessary.

BRUINS 2, BLACKHAWKS 0

First Period — No Scoring
Penalties — Daugavins Bos (roughing) 9:57, Thornton Bos (roughing) 14:15.

Second Period

1. Boston, Paille 4 (Kelly, Seguin) 2:13
2. Boston, Bergeron 7 (Jagr, Chara) 14:05 (pp)

Penalties — Bolland Chi (cross-checking) 12:00, Hjalmarsson Chi (tripping) 13:50, Bolland Chi (tripping) 19:00.

Third Period

Penalties — McQuaid Bos (tripping) 7:56, Bolland Chi (tripping) 13:55, Krejci Bos (hooking) 15:55, Bickell Chi (roughing), Shaw Chi (fighting, major), Chara Bos (roughing, double minor), Marchand Bos (fighting, major) 19:48.

Shots on goal
Chicago 10 8 10 —28
Boston 11 15 9 —35

Goal — Chicago: Crawford (L,13-7-0); Boston: Rask (W,14-5-0). **Power plays (goals-chances)** — Chicago: 0-5; Boston: 1-4.

Attendance — 17,565 (17,565) at Boston.

NBA PLAYOFFS

FINAL

(Best-of-7 series; All times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 3-2)

Sunday's result

San Antonio 114 Miami 104

Tuesday's game

San Antonio at Miami, 6 p.m.

Horoscopes

Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

Pisces

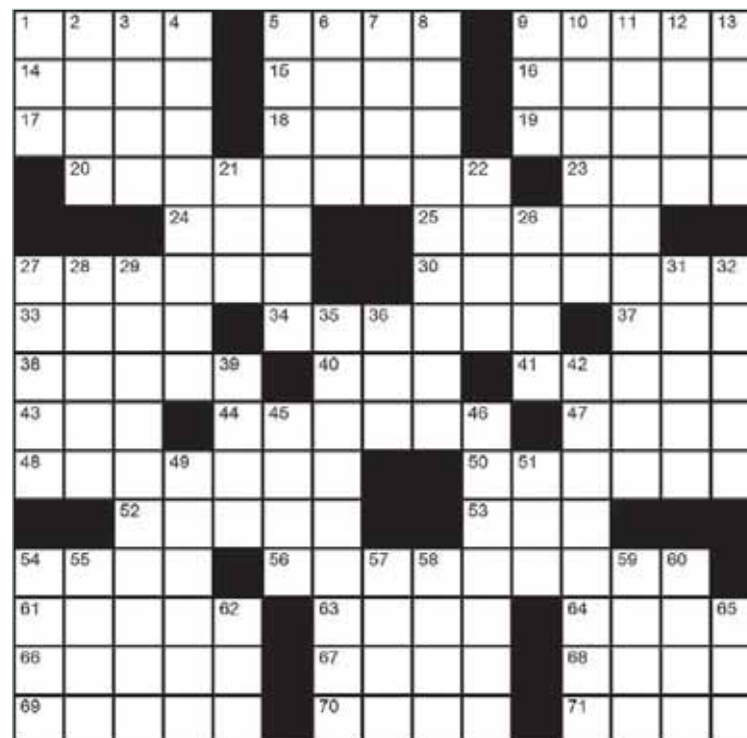
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Premier of Saskatchewan, Brad ___
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact ___ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '___ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, ___," (2001)
54. Component, as of a process
56. Some office



devices

61. Gangly

63. Pack ___ (Get ready to vacation)

64. Lindsay Lohan's mom

66. Mr. Shaw (Famed clarinetist)

67. Rock's ___ Straits

68. Surrounded by

69. "Hey! That ___ funny."

70. Sporty TV network

71. Units of a gym user's sety

Down

1. Like some humour

2. Detective's sound effects

3. Loaned

4. Thunder Bay university

5. Anne of Green Gables setting

6. Action word

7. Madonna hit: "La ___ Bonita"

8. St. John's-born singer Kim

9. Particular pronoun

10. Opera legend Maria

11. '___ and alive' ...how Joni Mitchell felt in "Free Man in Paris"

12. Bump off: 2 wds.

13. Breaks a Commandment

21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, ___ Choice
31. France's longest river
32. Belgian painter, James ___
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western ___
45. Ins and ___
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 24°
MIN: 13°

WEDNESDAY

MAX: 19°
MIN: 14°

THURSDAY

MAX: 20°
MIN: 12°



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3PRS721A

>2010 Buick Enclave CXL

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3TA77510

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3RA4856A

>2011 Hyundai Santa Fe LTD

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3VE7305A

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